

Lesson focus: Jesus can save us from our sins and give us a second birthday

Passage: John 3:1-21

Target Audience: Kindergarten-6th Grade (adaptable older or younger)

Materials Needed: Hardboiled egg, black permanent marker

Lesson – Born Again:

Have you ever seen a pregnant lady before? How do you know she is pregnant? Her belly! And why does her belly get so big? Because a baby is growing inside and as the baby grows, her belly grows.

Do you think I could fit back in my mom's belly? Do you think I'm too big?

Well, what about you? Could you fit back in your mom's belly? You're too big too!

These questions might sound a little silly, but someone actually asked Jesus these same questions.

His name was Nicodemus, and he was confused about being born again. Have you ever heard someone say that before? Born again Christian? Or maybe born believer? Nicodemus hadn't and when Jesus told him he needed to be born again in order to get heaven he thought it was impossible. How could he possibly get back in his mom's belly?

But do you think that was what Jesus wanted him to do? No! Jesus meant a totally different type of born again.

Jesus told Nicodemus that there are two different types of being born. The first time we are born is when we come out of our mom's belly. This is called being "born of the flesh", and this is something we can see. Hold out your hand and look at it. That's your flesh! It's your arm and legs and nose and toes.

When we are born of the flesh, do we know how to walk? Talk? Tie our shoes? Nope, nope, and nope. We don't know any of that stuff. But no worries, our parents are there to take care of us. And slowly as we get older, they teach us how to do things; like read, or throw a baseball, or bake a cake.

Now this is the part Nicodemus didn't understand. Being born again. And this time it is called being "born of the spirit". Everyone hold out your spirit and look at it. Are you holding it out in front of you? Can you see it? Our spirit is the part of us we can't see, but I promise it's there.

Illustration:

Our spirits are all affected by sin. Who can tell me what sin is? *Let the children answer.*

Sin is anything that we do, or say, or think that goes against what God has told us in the Bible to be truth. It is anything that makes God unhappy. What are some of the things that we do that go against God and make God unhappy? *Let the children answer. As they answer, write the sins on the egg with a permanent marker. Write them on top of each other so that the egg starts to look really black.*

What is this thing we are writing on?

It is just a hard-boiled egg. Have you ever touched an egg? How does it feel? What does it look like? *Have different children feel the egg as they answer. (possible answers- hard, smooth, maybe a little rough, colored, dark, messy)* This egg reminds me of our hearts before we know Jesus. Before we know Jesus our hearts are hard and messy and far from perfect.

But this egg also reminds me of what Jesus has done for each of us. Jesus was the Son of God and lived a long time ago. Jesus spent His life telling people about God, how much He loved them and how God wanted them to live. But Jesus didn't just live for us, He also died for us. He died for us because ALL of us have done the things that we wrote on this egg.

Name some of the things on the egg. (e.g.- We have all lied, or been unkind, or not obeyed our parents.) What did we call those things? *Sin.* Our sin keeps us from knowing God and following Jesus.

Start peeling the egg. Jesus died on the cross for our sins. But He didn't stay dead. After 3 days, He rose again and is now living in heaven. Jesus died on the cross for you and if you believe in Jesus and tell Him you are sorry for your sin, then He can take away your sin just like I am taking off the dark, hard peel of this egg.

When you are done peeling the egg, What does it look like and feel like now? Have different children feel the egg as they answer. (possible answers- soft, malleable, no blemishes, clean) That is what happens to our heart when we ask Jesus to forgive us for our sins, the things that make him unhappy. Our heart changes from messy and dark and hard to being clean and soft.

Lesson:

Being born of the spirit can happen at any time no matter how old or young. And in order for this to happen, all you have to do is believe in Jesus and accept His gift of eternal life. And just like babies have parents that teach and take care of them after they are born, when you are born again you have another parent to be right there with you. Do you know who that is? It's our Heavenly Father, God!

We really can be born twice, and both times are very important. We wouldn't be here if we hadn't been born as babies, and we wouldn't get to heaven if we hadn't been born again. And the neat part about being born again is all of the amazing new brothers and sisters you get. Anyone who is born again becomes a brother or sister in Christ to every other Christian, because we all share the same Heavenly Father. That makes us part of one HUGE happy family!

Memory Verse:

"God's grace has saved you because of your faith in Christ. Your salvation doesn't come from anything you do. It is God's gift." -Ephesians 2:8

Possible memory verse activities: coloring sheet, hand gestures/sign language, "rapping" the verse, unscrambling the verse

Close:

Would anyone like to be born again? If you are ready to have your second birthday, close your eyes and pray after me:

"Dear God, thank you for sending you Son for me. I know I can't save myself, but I know you can save me. Come into my heart and make me new. I love you. In Jesus' name, amen."

If you prayed that prayer and meant it in your heart, then it's your second birthday! Let's sing Happy Birthday to everyone that meant it! *Sing Happy Birthday, "dear everyone!" and clap and celebrate!*